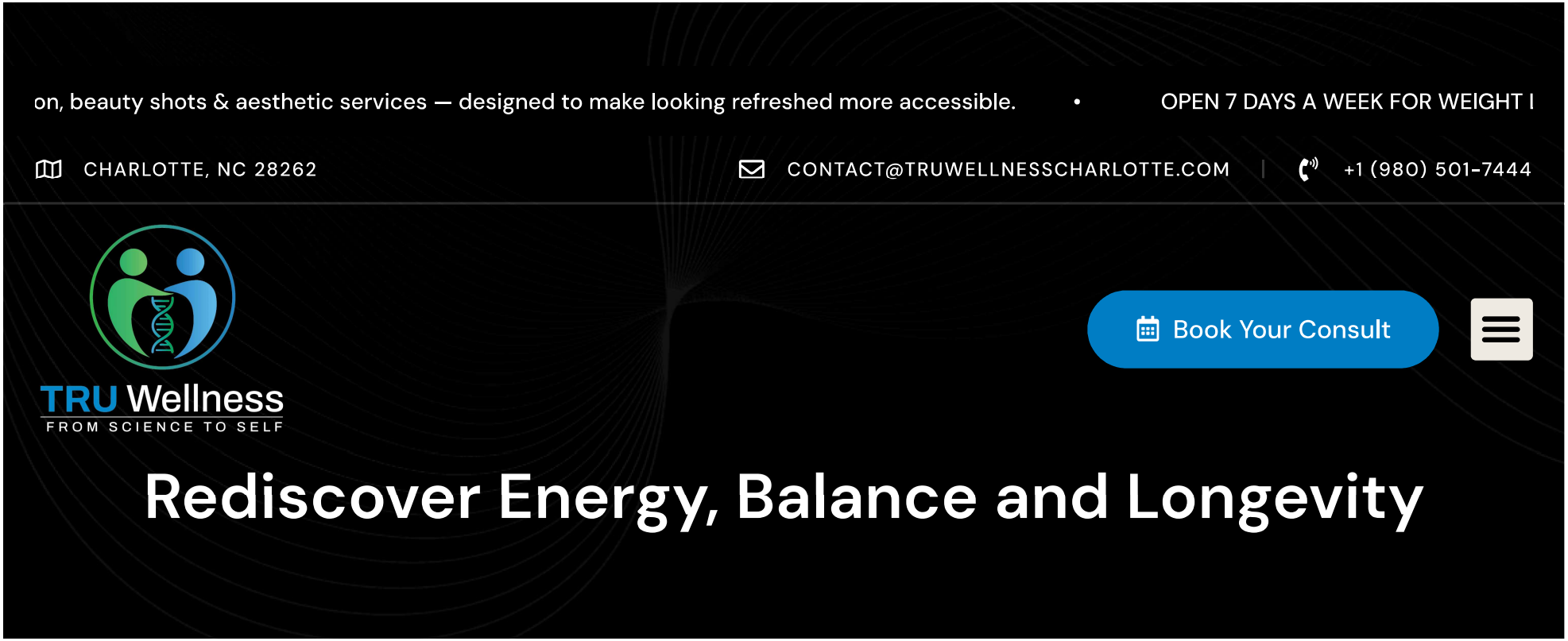
on, beauty shots & aesthetic services — designed to make looking refreshed more accessible. • OPEN 7 DAYS A WEEK FOR WEIGHT I

CHARLOTTE, NC 28262 CONTACT@TRUWELLNESSCHARLOTTE.COM | +1 (980) 501-7444

TRU Wellness
FROM SCIENCE TO SELF

Book Your Consult



NAD+ Therapy –Future of anti aging and longevity

Nicotinamide adenine dinucleotide (NAD+) is an essential coenzyme involved in cellular metabolism and ATP production within the mitochondria — the energy centers of our cells. By supporting efficient energy generation, NAD+ enables cells to perform their critical functions. It plays a role in multiple biological systems,

influencing digestion, cognitive function, mental clarity, healthy

aging, and overall energy levels. As we age, natural NAD+ levels gradually decline. Concentrations are highest at birth and may decrease to approximately half by midlife. Reduced NAD+ availability has been associated with diminished cellular efficiency and increased vulnerability to age-related changes and metabolic stress.

Book Your Consult

Call: +1 (980) 501-7444

Why NAD+ is Important?

Every cell relies on NAD+ to function properly.

Mitochondrial Energy Production

NAD+ Plays A Central Role In Glycolysis And Oxidative Phosphorylation — The Biochemical Processes That Generate ATP, The Body's Primary Energy Molecule.

DNA Repair & Cellular Maintenance

NAD+ Is Required For Activation Of Enzymes Involved In Repairing Oxidative DNA Damage. Adequate Levels Support Cellular Maintenance And Resilience.

When NAD+ Levels Decline, Cellular Energy Output May Decrease.

Nervous System & Brain Function

NAD+ Participates In Metabolic Pathways That Influence Neurotransmitter Balance And Neural Energy Demands.

Healthy Aging Pathways

NAD+ Supports Sirtuin Activity — Enzymes Involved In Inflammation Regulation And Mitochondrial Health. NAD+ Levels Can Decline With Aging, Chronic Stress, Inflammation, Poor Sleep, And Metabolic Dysfunction—Often Showing Up As Lower Energy, Slower Recovery, And Reduced Mental Clarity.

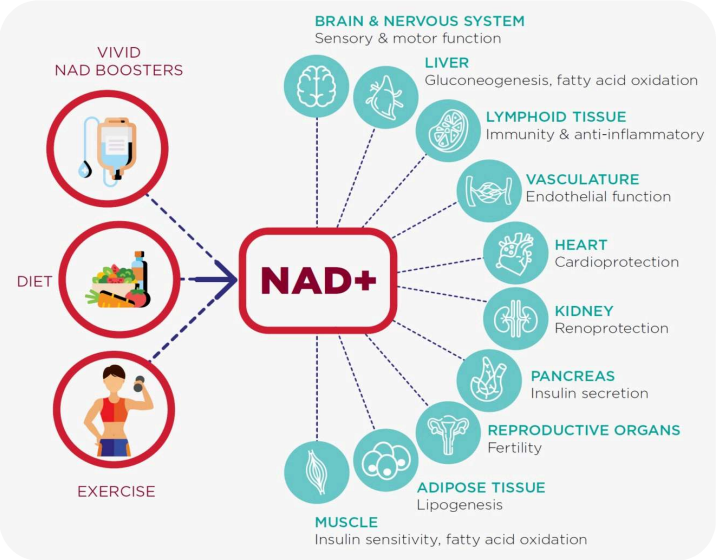
Who May Benefit From NAD+ Therapy

You may be a candidate if you experience:

- Persistent fatigue
- Brain fog or decreased mental clarity
- High stress or burnout

- Reduced recovery capacity
- Age-related decline in energy
- Interest in proactive metabolic support

NAD+ therapy at TRU Wellness is intended to support wellness and cellular function. It is not a treatment for disease. At TRU Wellness Charlotte, NAD+ therapy is delivered through a medically supervised, physiology-based protocol designed to support cellular energy production and metabolic resilience.

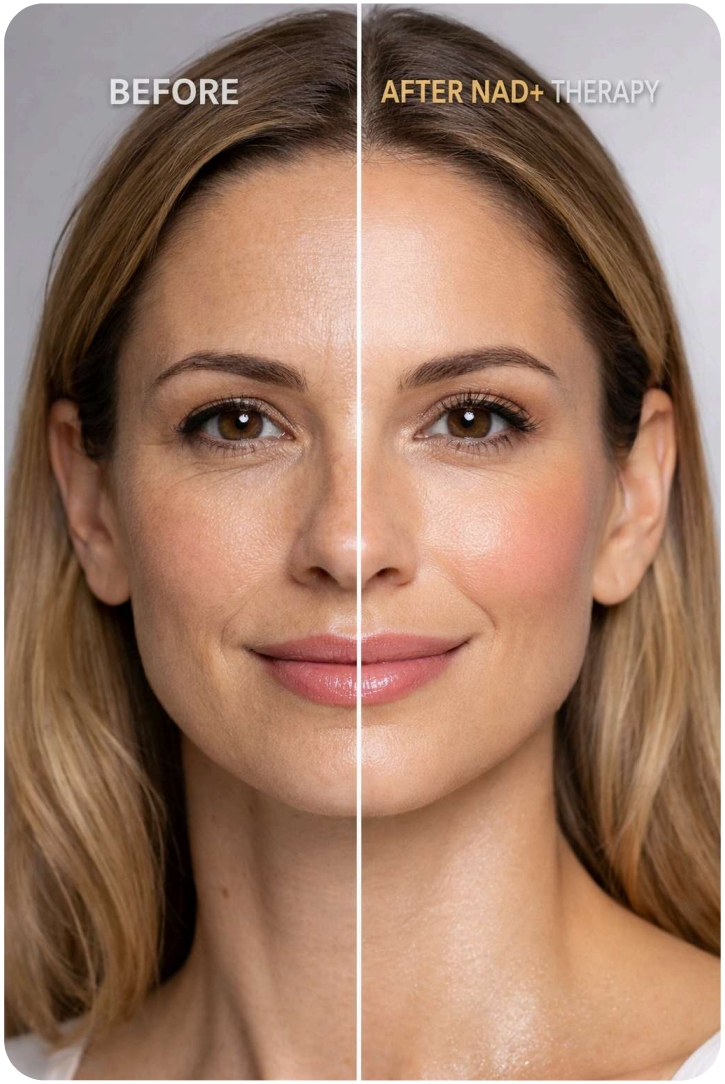


Our NAD+ Treatment Options

NAD+ Intravenous Therapy Designed for comprehensive cellular support, our NAD+ IV sessions deliver replenishment in a comfortable, medically monitored setting. Each treatment plan is tailored to your individual health history and wellness goals.

- **Session Length:** Approximately 2–2.5 hours
- **Supervision:** Administered by licensed clinical staff with ongoing observation

- **Schedule:** Determined by your provider based on progress and response
- **Visit Time:** Brief in-office appointments
- **Administration Options:** May be self-administered at home following provider instruction
- **Best For:** Maintenance therapy or streamlined dosing schedules



FREQUENTLY ASKED QUESTIONS

+ How is NAD+ therapy different from oral supplements? ›

Ready to Support Your Cellular Energy?

If you're experiencing fatigue, mental fog, or metabolic slowdown, NAD^+ therapy may be part of comprehensive wellness pain.

Book Your Consult

Call Now: +1 (980) 501-7444

TRU Wellness
FROM SCIENCE TO SELF

Quick Links

Home
About Us
Services
FAQs
Contact
Blog

Work Hours

Day	Hours
Monday — Thursday (*Virtual consultations by appointment only*)	9:00 AM – 5:00 PM
Friday — Sunday (*In-person and virtual appointments available*)	12:00 PM – 8:00 PM

Appointments are recommended. Walk-in availability may be limited and is subject to provider availability.

Contacts

1824 East Arbors Drive, Suite 380 Charlotte, NC 28262
(INSIDE TRUDENTAL)

+1 (980) 501-7444

contact@truwellnesscharlotte.com

© 2026 TRU Wellness. All Rights Reserved | Powered By NRIWINGS
NOBLE. RADIANT. INNOVATIVE.